

## Ladder Safety

**Audience:** For all workers who may use a ladder on or off the job.

**Average Training Time:** Average - 30 to 45 minutes

**Sample Training Time:** 80% Range - 20 to 41 minutes, Average - 32 minutes.

**Format / Product Code:** CD-ROM (MPEG Video)/ *SPLADMPG*

**Produced by:** Mastery Technologies, Inc.

**Mastery interactive version based on original video content produced by:** Bureau of Business Practice, Inc.

### OVERVIEW

“Ladder Safety” is a broadcast-quality course that presents the seven steps workers can take to ensure that they are using ladders safely:

1. Never use a substitute.
2. Know what kind of ladder to use.
3. Inspect your ladder.
4. setup the ladder properly.
5. Climb the ladder properly.
6. Practice safe work habits.
7. Carry the ladder correctly.



Over thirty interactions are used to evaluate your workers' mastery of course material.



### TOPICS

The course presents interactive instruction covering the following topical areas:

#### Before you Climb

- No Substitutes
- Using the Right Ladder
- Ladder Inspection
- Ladder Set-up

## Using Ladders Safely

- Climbing the Ladder
- Safe Work Habits
- Carrying the Ladder

## PERFORMANCE OBJECTIVES

This course will measure mastery on each of the following performance objectives. Upon completion, workers will be able to...

### Choose the right ladder

1. Choose the most appropriate ladder for safe use.
2. List common types of ladders.
3. Compare ladder types to the needs of the job.
4. Explain the risks of using a substitute climbing device.
5. Identify locations where it is unsafe to place or lean ladders.



### Prepare for safe ladder use

1. List inspection steps for ladder use.
2. Describe the safe setup of common types of ladders.
3. State the setup rule for straight and extension ladders.

### Use safe climbing techniques

1. List safe climbing practices.
2. Relate unsafe work habits to the risk of accident and injury.
3. Assess the climbing limits of common ladder types.

### Practice safe work habits

1. List actions that are unsafe when on a ladder.
2. Identify places where tools should be kept while on a ladder.
3. List rules for safely traveling with and carrying a ladder.



## 7 STEPS TO LADDER SAFETY

### BEFORE YOU CLIMB

1. Never use a substitute.
2. Know what kind of ladder to use.
3. Inspect your ladder.
4. Set up the ladder properly.

### USING LADDERS SAFELY

5. Climb the ladder properly.
6. Practice safe work habits.
7. Carry the ladder correctly.

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